

How to Protect Yourself from the Coronavirus (COVID-19)

It is important that you and your family protect yourselves from COVID-19.
The best way to prevent this disease is to avoid exposure to the virus.

How can I avoid exposure to COVID-19?

- **Wash your hands frequently with soap and water for at least 20 seconds.**
 - You can hum or sing the birthday song twice while you wash your hands.
 - If you don't have soap, then be sure to use hand sanitizer that has at least **60%** alcohol.
 - Don't touch your eyes, nose, or mouth before you wash your hands.
- **Practice social distancing by staying at least 6 feet away from people.**
 - Go out in public only if necessary (like going grocery shopping or buying other basic needs).
- **Wear a cloth face mask in public (like at the grocery store or pharmacy) even if you do not feel sick.**
 - Wash your hands before and after putting on and taking off your cloth face mask. Do not touch your face when doing this.
 - Continue to be at least 6 feet from others when wearing a cloth mask in public.
 - Store your used face mask in a paper or plastic bag away from your other clothes. Wash your cloth face mask after each use with the washer using hot water and detergent.
 - Please talk with your healthcare provider to find a different solution if you have difficulty breathing with a face mask.
- Clean and disinfect surfaces that you touch every day (like cell phones, tables, remote controls, keys, doorknobs, and light switches).
- Throw away all of your used tissues in the garbage right away.



What should I do if I am sick?

- **If you have difficulty breathing, call 911 right away.**
- If you have other symptoms, consult with your doctor (call or see if you can message them online).
- Wear a face mask.
- Stay at home to avoid infecting other people.
- Cover your mouth and nose with a tissue when you cough and sneeze.
 - You can use the inner part of your elbow if you do not have a tissue.
- If you have a family member who is sick, they should occupy a separate room apart from other family members and pets to avoid spreading the virus. If it is not possible for the person who is sick to have their own room or bathroom, they should stay at least 6 feet away from those who are not sick. The bathroom should be disinfected after every use.



What should I do if I am undocumented?

- The U.S. Citizenship and Immigration Services (USCIS) will not consider the testing, treatment, or preventative care of the Coronavirus in the public charge test.
- **If you are sick, take care of yourself and seek medical attention if needed.**

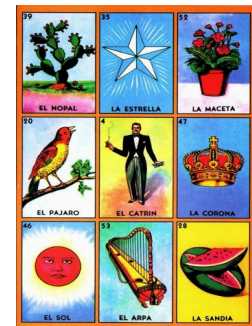
How can I manage my mental and physical health while I am at home?

- **Take a break** - Take a break from watching, reading, or listening to the news (including on social media). Constantly listening to the news about the pandemic can cause more stress and anxiety.
- **Maintain a routine** - Try to maintain a daily routine. For example, you can create a schedule for your child(ren) including learning activities and fun/relaxing activities (like listening to music, watching a movie, or praying if you are religious). If you are at home, start your day at the same time you would normally start work, and end your work day when you would normally leave work.
- **Connect with family and/or friends** - Talk with a friend and/or family member and share your feelings and concerns. Create a strong support system because we are all living through this difficult time.
- **Take care of your body** - Take deep breaths, stretch, or meditate. Try to eat a balanced and healthy diet, exercise from home regularly, sleep well, and avoid consuming drugs and alcohol.



What can I do at home?

- Play board games and card games (bingo, dominos, loteria, etc.)
- Cook and eat with your family
- Tell stories
- Look at family photos
- Look up exercise videos on YouTube (such as yoga or zumba) that you can do from home
- Read, draw, write, or color
- Organize and clean your house - get a jump start on your spring cleaning
- Call your loved ones or connect via social media
- Listen and/or dance to music
- Participate in religious services that are offered on YouTube or Facebook Live
- Pray if you are religious



Also, you can do the following activities*:

- Walk your dog around the block
- Run or exercise around your neighborhood

***Please follow all recommendations provided by state and local authorities and keep your distance from others. For example, "Shelter in Place" still allows you to go to the grocery store to buy food, go to the pharmacy, take a short walk, or leave your home for medical reasons.**

Information from this fact sheet was adapted from the Centers for Disease Control and Prevention (CDC):

<https://www-cdc.gov.proxy.cc.uic.edu/coronavirus/2019-ncov/prepare/prevention.html>

